

Alaska Fire Service

FY 2015 Firefighter Physical Exam Options

Prior to being allowed to take the Work Capacity Test for the 2015 season, all employees with an **arduous** rating on their red cards that have not had a physical since 1/1/2012 (this is a tri-annual requirement), will need to have a physical examination and have completed the Annual Exam Packet.

You must print your own copy of the exam, it is located here:

http://www.nifc.gov/medical_standards/wf/index.html.

You may have any physician you choose perform the exam, but you should not pay over \$180.00 wherever you choose, so inquire about cost first. We have established two occupational health provider options in the Fairbanks area:

1. Steese Immediate Care
1275 Sadler Way, Suite 101
907-374-7911
2. U.S. Healthworks Medical Group
1867 Airport Way #130
907-452-2178

You have two options on how to proceed with your physical exam but no matter which option you choose YOU WILL NEED TO COMPLETE THE EMPLOYEE PORTION AND BRING THE EXAM PACKET WITH YOU FOR THE EXAMINING PHYSICIAN TO COMPLETE AND SIGN.

- **Option one: cash** (If you are away from AFS, do not have a Gov. C.C., but would like to get it completed before you return to work)

Print an Exam Packet from the link above and obtain a copy of form SF 1164 (claim for reimbursement). Make an appointment with the doctor of your choice. Upon completion of the exam, pay for the service out of your own pocket. Complete form 1164 and send it, along with a copy of your paid receipt, to your supervisor. Your claim will be processed for reimbursement. Send your Exam Packet to **Joy Edge**.

(Note: The cost of the exam should not exceed \$180.00)

- **Option two: govt. charge card** If you have a Gov. C.C. with purchase authority, if not have your supervisor use theirs.

Print an Exam Packet from the link above. Make an appointment with the doctor of your choice. Upon completion of the exam, pay for the service with your government credit card. Turn in completed Exam Packet to **Joy Edge**. Use the following charge code to reconcile your statement: LLFA401000 LF1000000.HT0000 LXSS005R0000

(Note: The cost of the exam should not exceed \$180.00)

****IMPORTANT**** Be sure to retain a copy of the last page indicating your clearance status, as you will need to present it to the individual administering the Work Capacity Test (WCT).

- If none of these options will work, notify your supervisor. Contact the Safety Manager at 356-5868 if you need additional information.

Completed exam packets should be mailed to:

Joy Edge
BLM Alaska State Office
2222 W. 7th Ave. #13
Anchorage, AK 99516